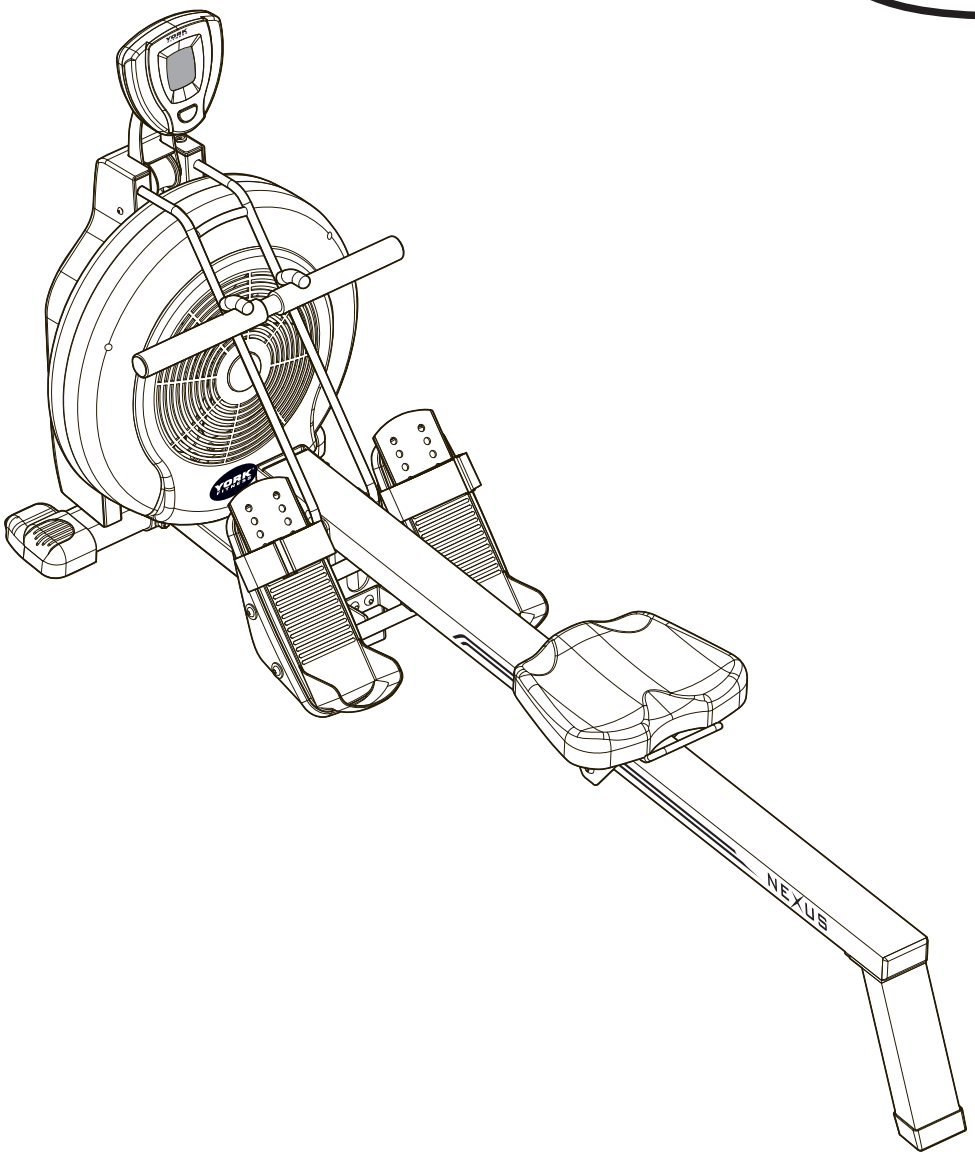
YORK FITNESS



NEXUS Rower

OWNER'S MANUAL

20JULY2010

YORK FITNESS

Congratulations on purchasing your exercise equipment from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

YORK FITNESS

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safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall- chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Maximum user weight: 115kg

Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1 & 7-CLASS HC / BS EN 60335-1. Therefore the equipment carries the following marks:

Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Customer Support

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

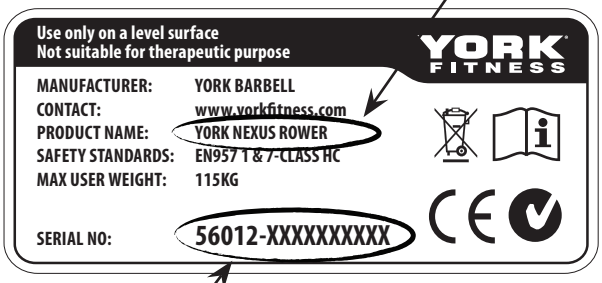
- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

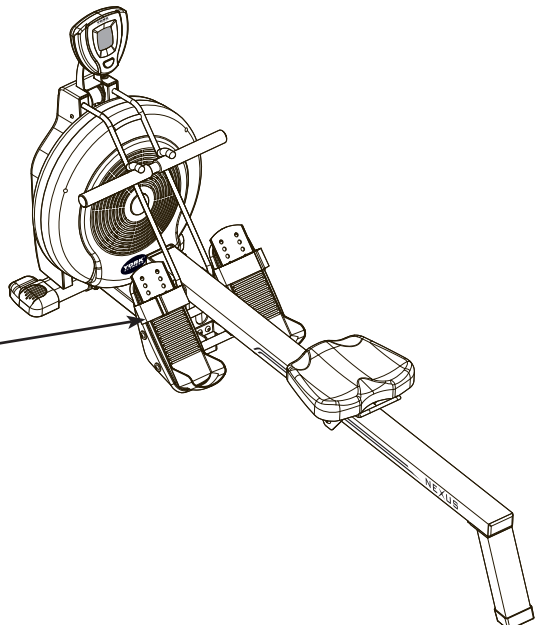
Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Product's Name



Serial Number



This product label is an example only, it is not the real product name and serial number of the item you have bought.

Contact Us

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com > Select "Customer Support"
York Barbell UK Ltd.

York Way, Daventry,
England, NN11 4YB

Tel: 0844 255 3112

England Warranty Registration

www.yorkfitness.com > Select "Customer Support"

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au > Select "Contact Us"
York Fitness Australia

1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566

Tel: 1800 730 149

Australia Warranty Registration

www.yorkfitness.com.au > Select "Warranty Registration"

Getting Started

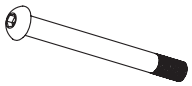
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

35 x 6
ROUND ALLEN HEAD BOLT
(M8 X 15L)

36 x 4
FLAT WASHER
(Ø28 X Ø8 X 2.0T)

80 x 2
COUNTERSUNK
ALLEN HEAD BOLT
(M8 X 15L)



83 x 3
ROUND ALLEND HEAD BOLT
(M10 X 100L)

86 x 1
HEX HEAD BOLT
(M8 X 15L)

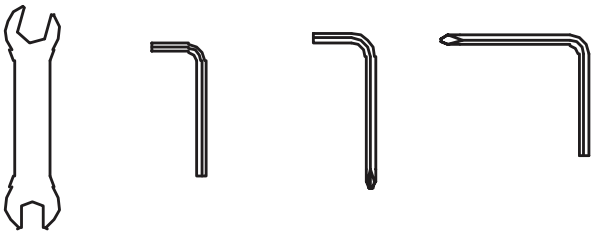
87 x 5
SPRING WASHER
(M8)

98 x 3
NYLON LOCKNUT
(M10 X 10L)

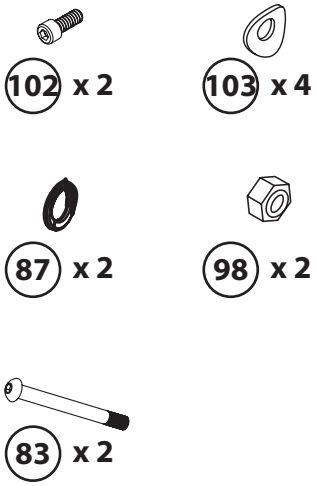
102 x 2
FLAT ALLEN HEAD
SHOULDER BOLT
(M8 X 20L)

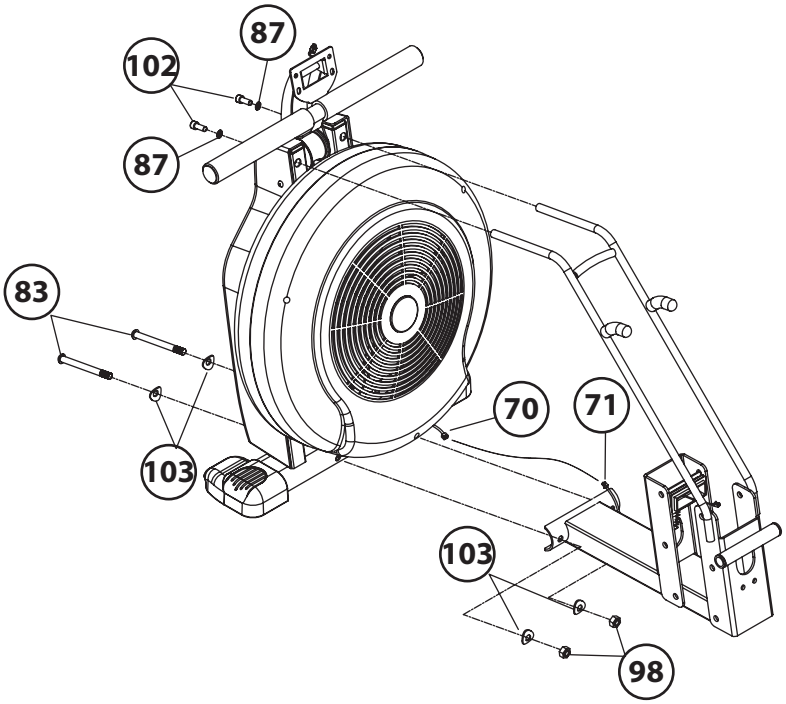
103 x 4
CURVED WASHER
(Ø10)

111 x 4
ROUND ALLEN
HEAD BOLT
(M8 X 25L)



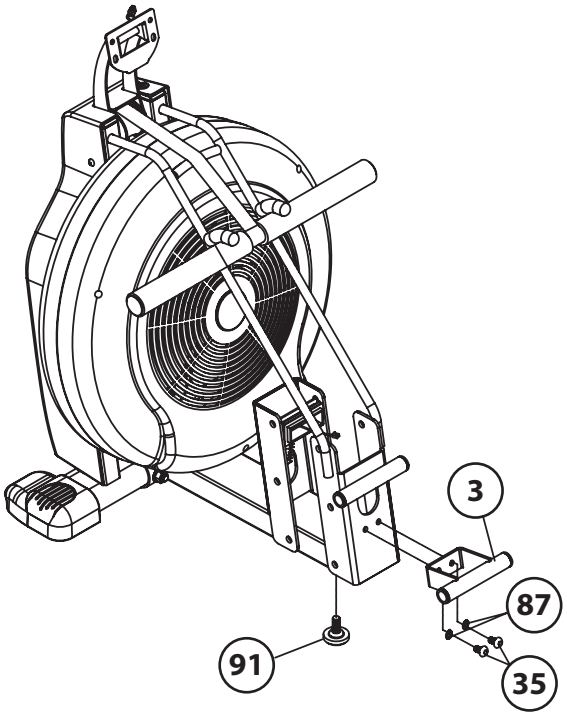
STEP 1


102 x 2
103 x 4
87 x 2
98 x 2
83 x 2

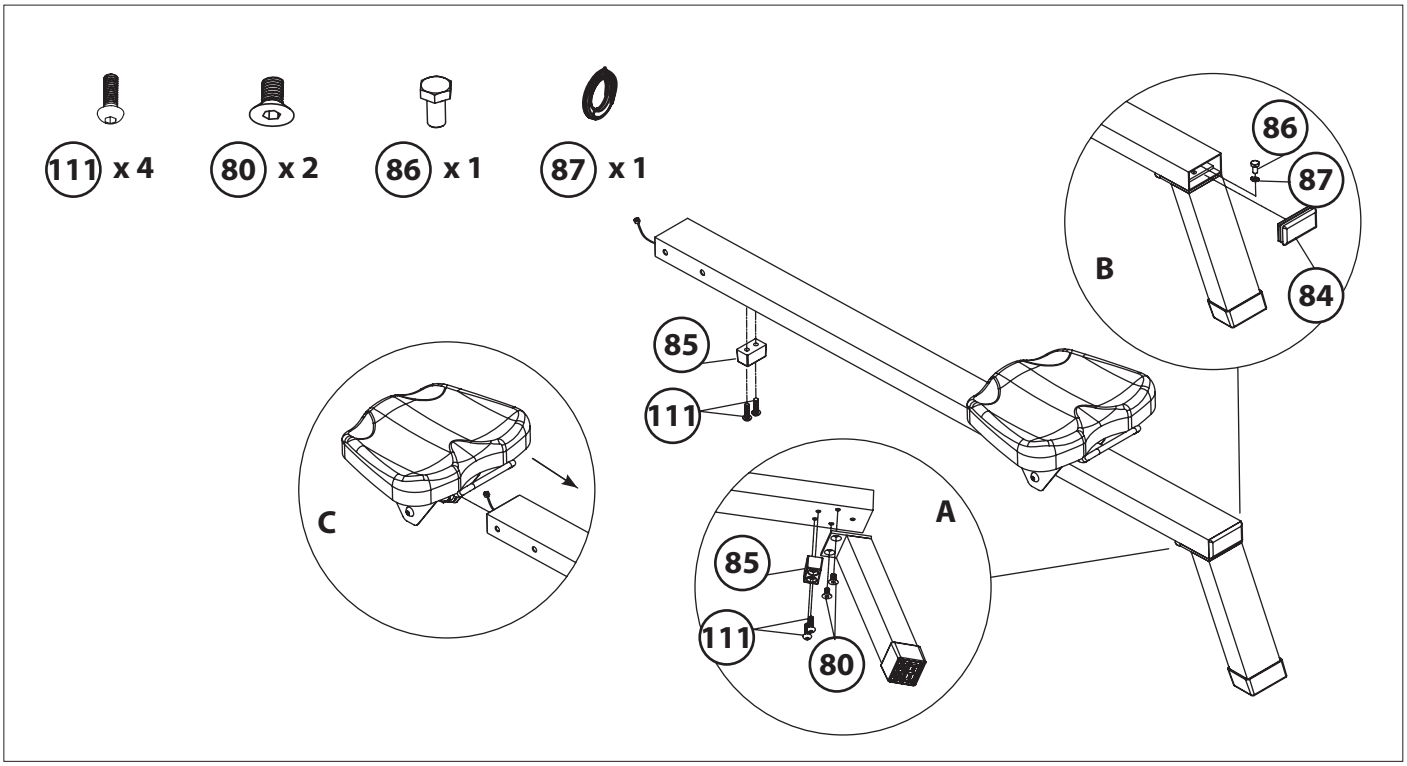

87
102
87
83
70
71
103
103
98

STEP 2

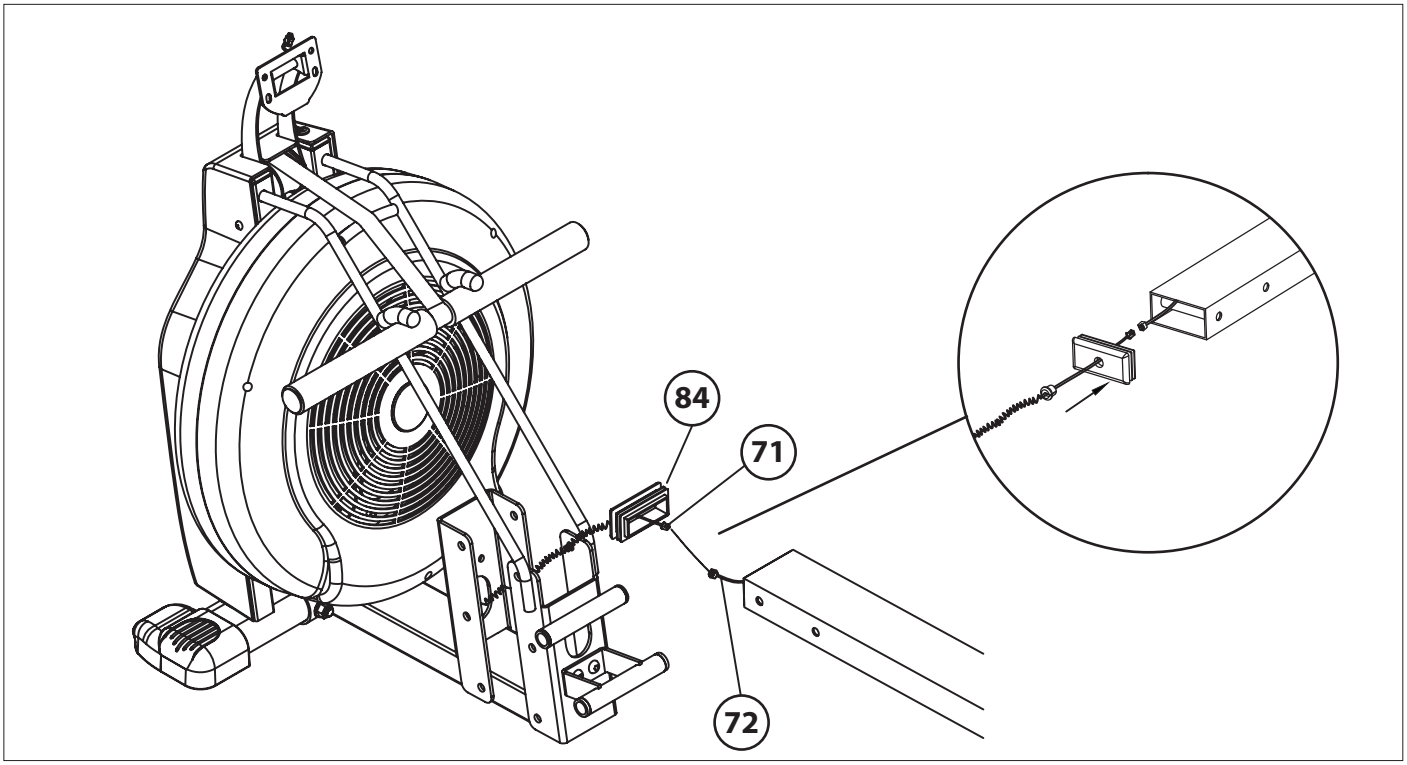
35 x 2
87 x 2


3
87
91
35

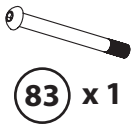
STEP 3



STEP 4

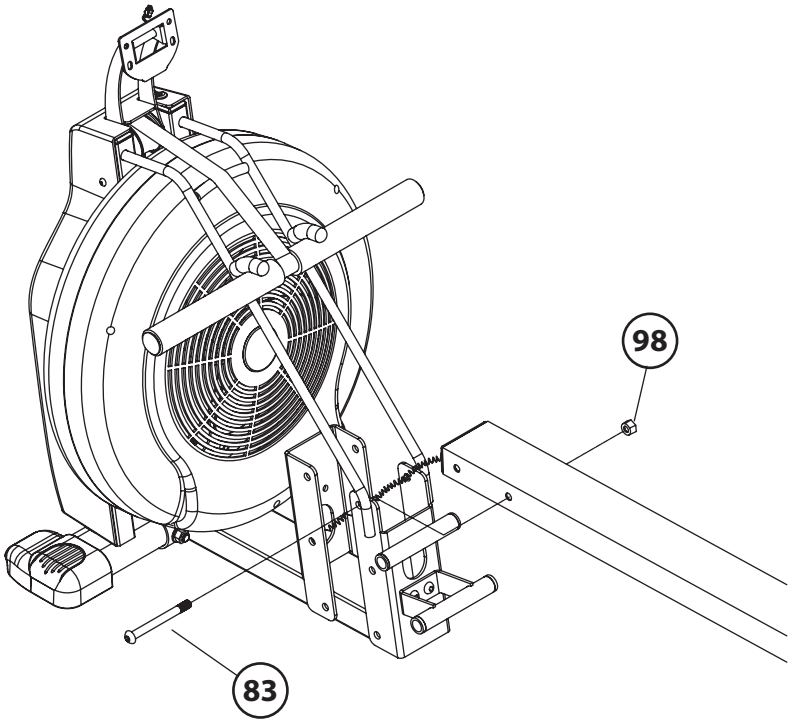


STEP 5

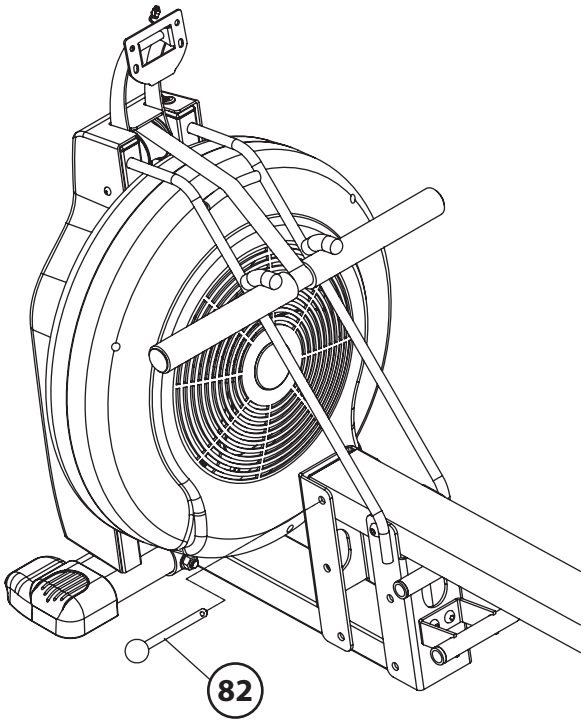


83 x 1

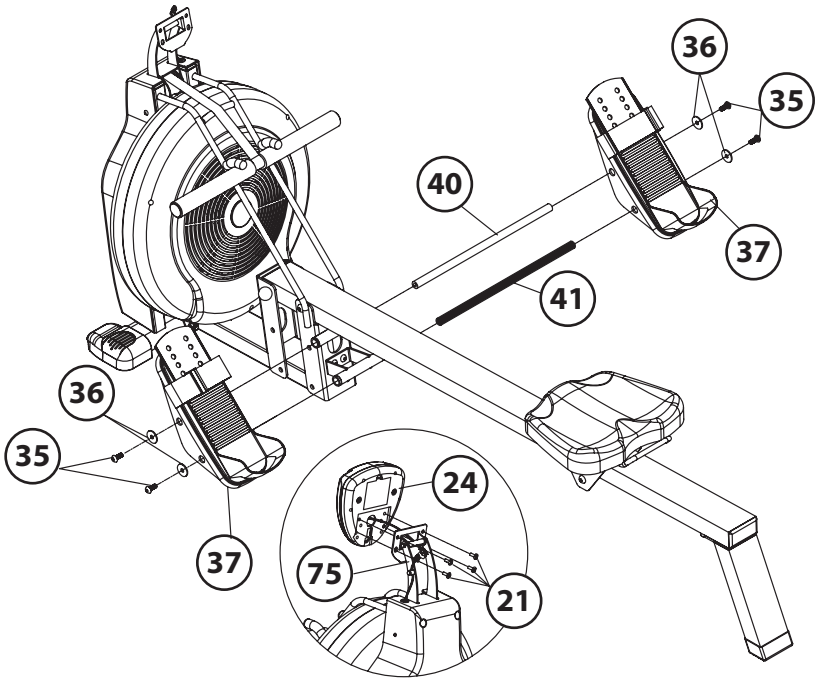
98 x 1



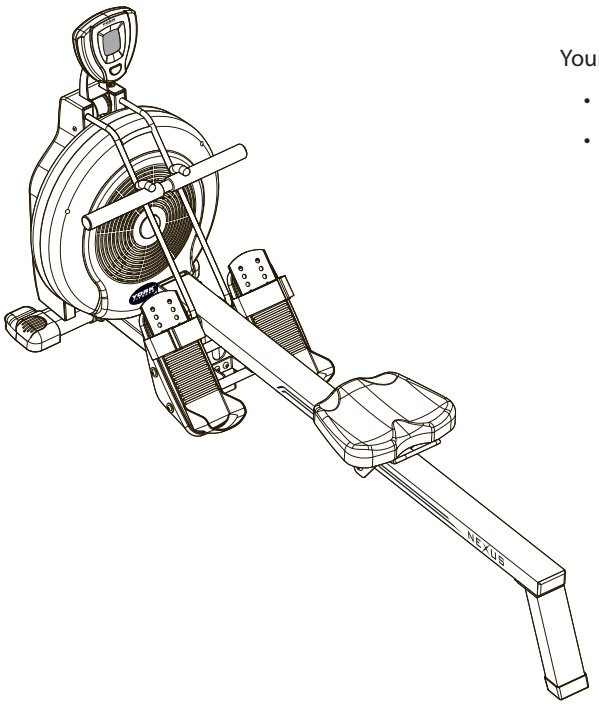
STEP 6



STEP 7



FINAL CHECK



Your Rower is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

Battery Replacement Instructions:

1. Open the battery compartment cover (Diagram 1).
2. Remove battery by pulling the battery in direction of spring and lift opposite end upwards (Diagram 2).
3. Insert 2 AA batteries ensuring you match the polarity markings (+ and -) on the batteries with the indicators in the battery compartment. Push flat end (-) against spring and when clear push other end into holder.
4. Close the battery compartment.

Tips & Warnings

- Always change both batteries at the same time.
- Always use the same type of batteries.
- Never recharge Alkaline AA batteries.
- Do not try to heat, ignite, disassemble or throw AA batteries into a fire.
- Do not leave old batteries in the console, and remove batteries from the console if you won't be using it for a long time.

*Picture may vary from actual model.

Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

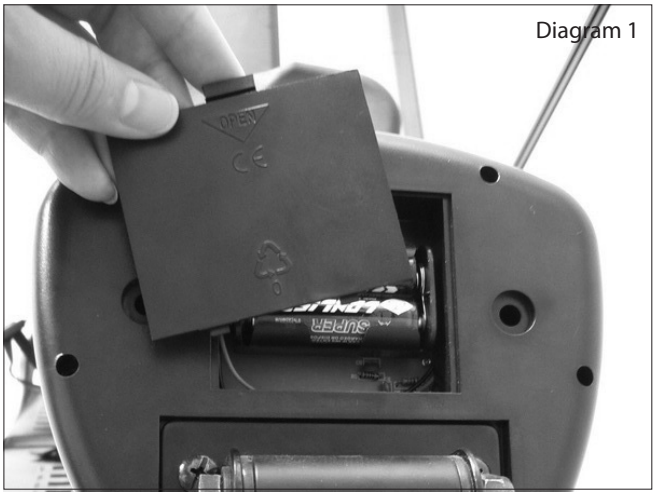


Diagram 1

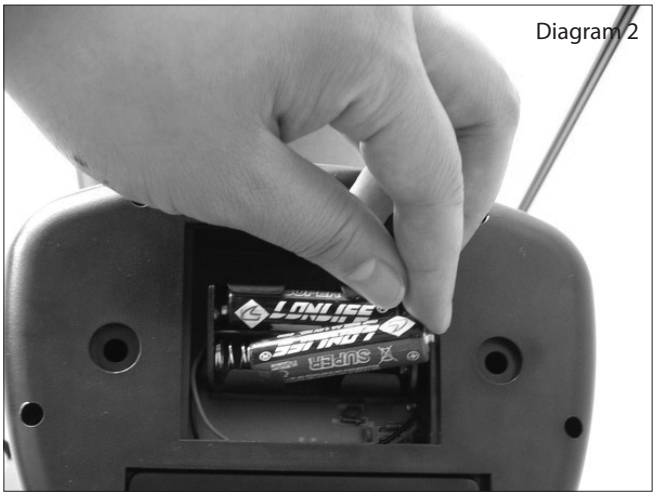


Diagram 2

Using Your Exercise Monitor:

To provide ease of use, there is 3 buttons on your Exercise Monitor:

- **SET** - Setting increasing values of count distance, time and calories.
- **RESET** - To erase the data values to zero.
- **MODE** - To select the function which you want.

Your exercise monitor has 2 pages with one pieces LCD display screens. When the signal input, the Exercise Monitor will display 2 pages in turn. These are in order:

- **PAGE 1** - STROKES per MINUTE, DISTANCE and TIMER.
- **PAGE 2** - COUNTER SPEED and CALORIES.

Pressing and holding the RESET button when you are on each PAGE will enable you to set to zero any previous figures remaining in each individual function.

Either presses the MODE button or start to exercise and the Exercise Monitor will begin to register the various functions.

Exercise Monitor Functions

Functions	Description
Calories:	Computer theoretical calorie burn
Counter:	Total strokes
Distance:	Exercise distance (KM)
Speed:	Rowing speed (KM/H)
Strokes per Minute:	Count up stroke rate
Timer:	Count up (Minutes and seconds)

Monitor Function Specifications

Functions	Description
Calories:	0.00 - 999.9 Kcal (Theoretical)
Counter:	0-9999 (Count up)
Distance:	KM (Count up)
Speed:	0.00 - 99.9KM/H
Strokes per Minute:	0 - 999 (Count up)
Timer:	0.00 - 99.59 MINUTES (Count up)

To Fold the Air Rower for Storage:

Step 1 - Remove pin

Lift Rower Seat Track slightly with right hand and remove locking pin with your left hand.

* Refer to LOCKPIN INSERT LOCATION

Step 2 - Lift track

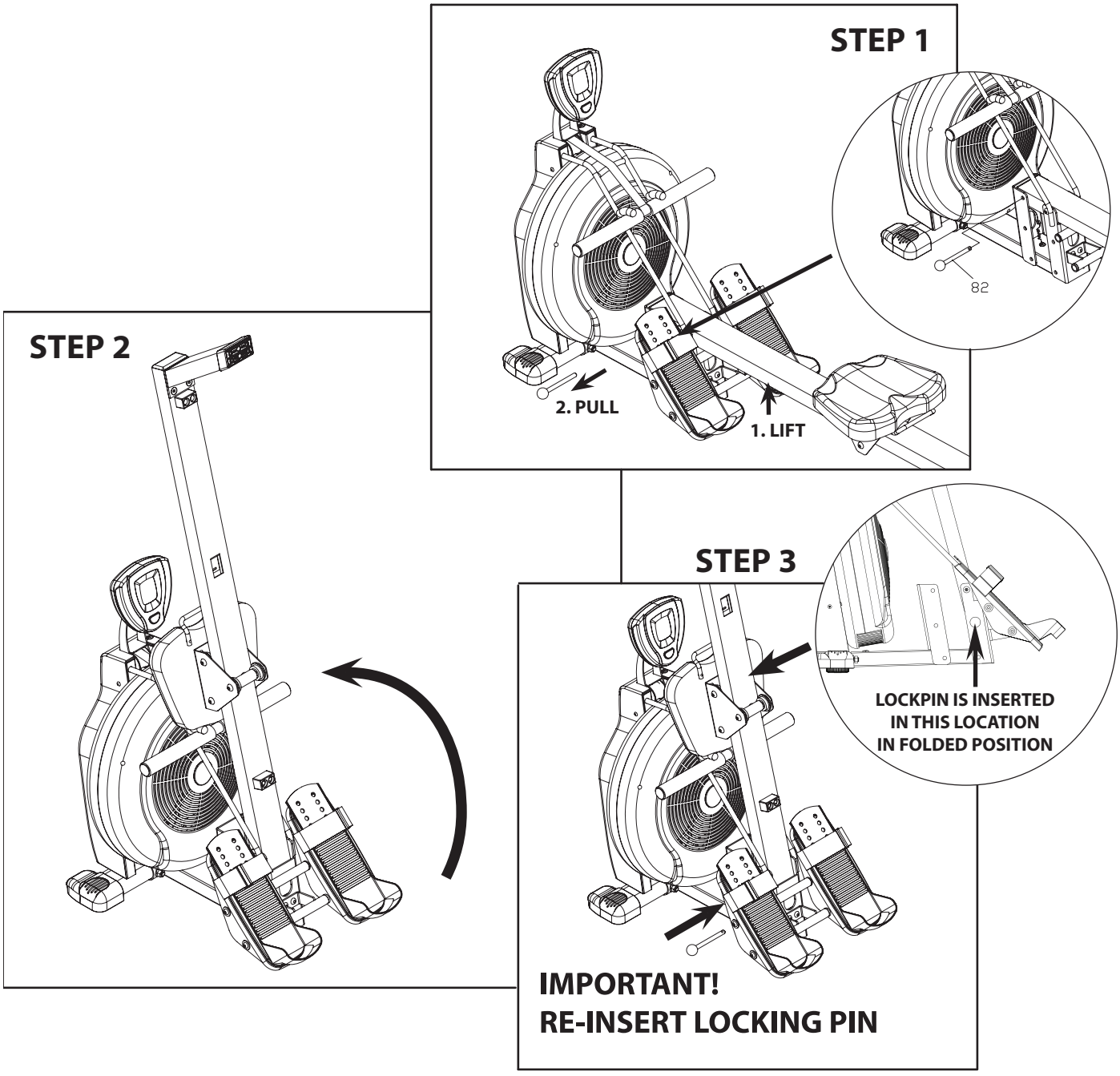
Hold seat in middle of track and lift upwards.

Holding track fully back, lower seat to rest.

* Refer to LOCKPIN INSERT LOCATION

Step 3 - Insert pin (IMPORTANT)

Insert pin into lower pin location.



Exercising with Your Rower

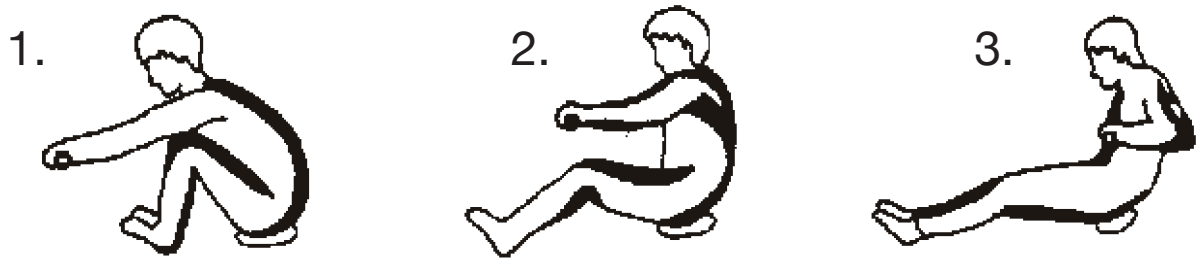
Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME.

IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

How to Row:

1. Take up the initial position leaning forward, knee bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time.
3. Continue movement until you are leaning slightly backwards, bending return to Step 1 and repeat.



THIS PRODUCT IS COMPLIANT WITH EUROPEAN STANDARDS (EN957). THE USER MUST REMAIN AWARE THAT IF THIS PRODUCT IS NOT USED CORRECTLY THE POTENTIAL FOR INJURY REMAINS. THERE ARE MANY MOVING PARTS ON THIS PRODUCT, WHICH THE USER MUST BE AWARE OF. WHEN MOVING THE ROWER OR ADJUSTING POSITION, THE USER SHOULD PAY PARTICULAR ATTENTION THE SEAT & RUNNER ASSEMBLY.

Please ensure that fingers are not placed inside of the runner assembly when moving the product.

When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.

Alternative Exercise - Leg Only Rowing:

This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to start position and repeat.

Conditioning Guidelines:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or light-headed you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:

220 - Age = predicted maximum heart rate

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

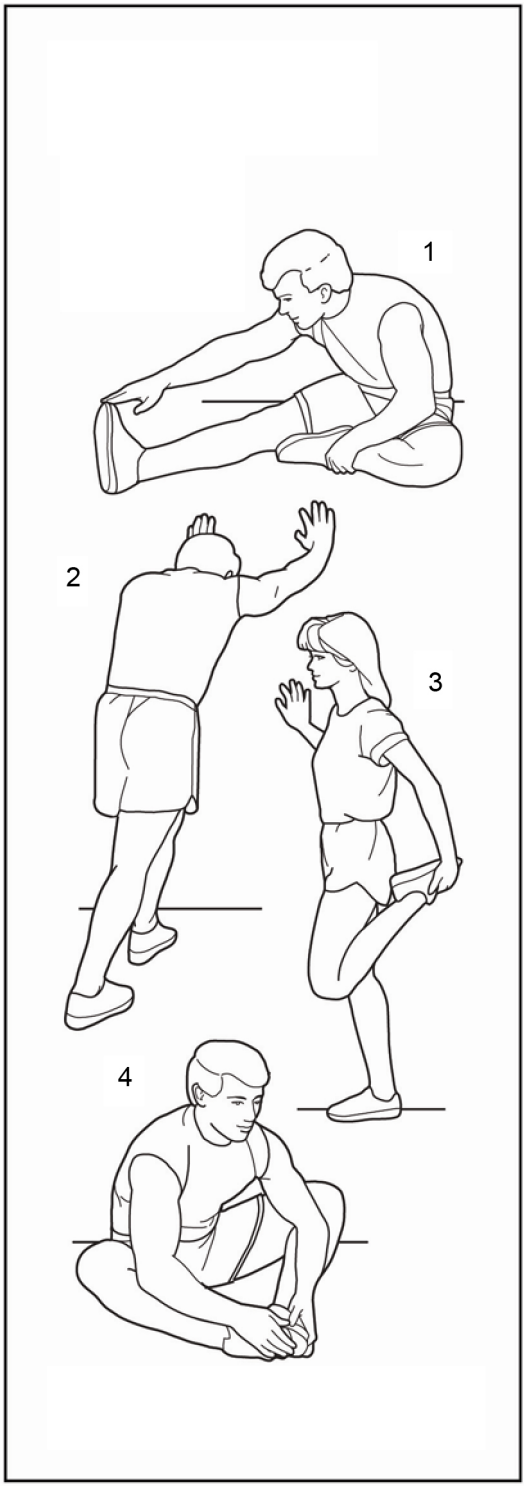
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 months other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment Please Note: Warranty details may vary from one market area to another.

Warranty Terms

York Fitness warrants that the Product you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

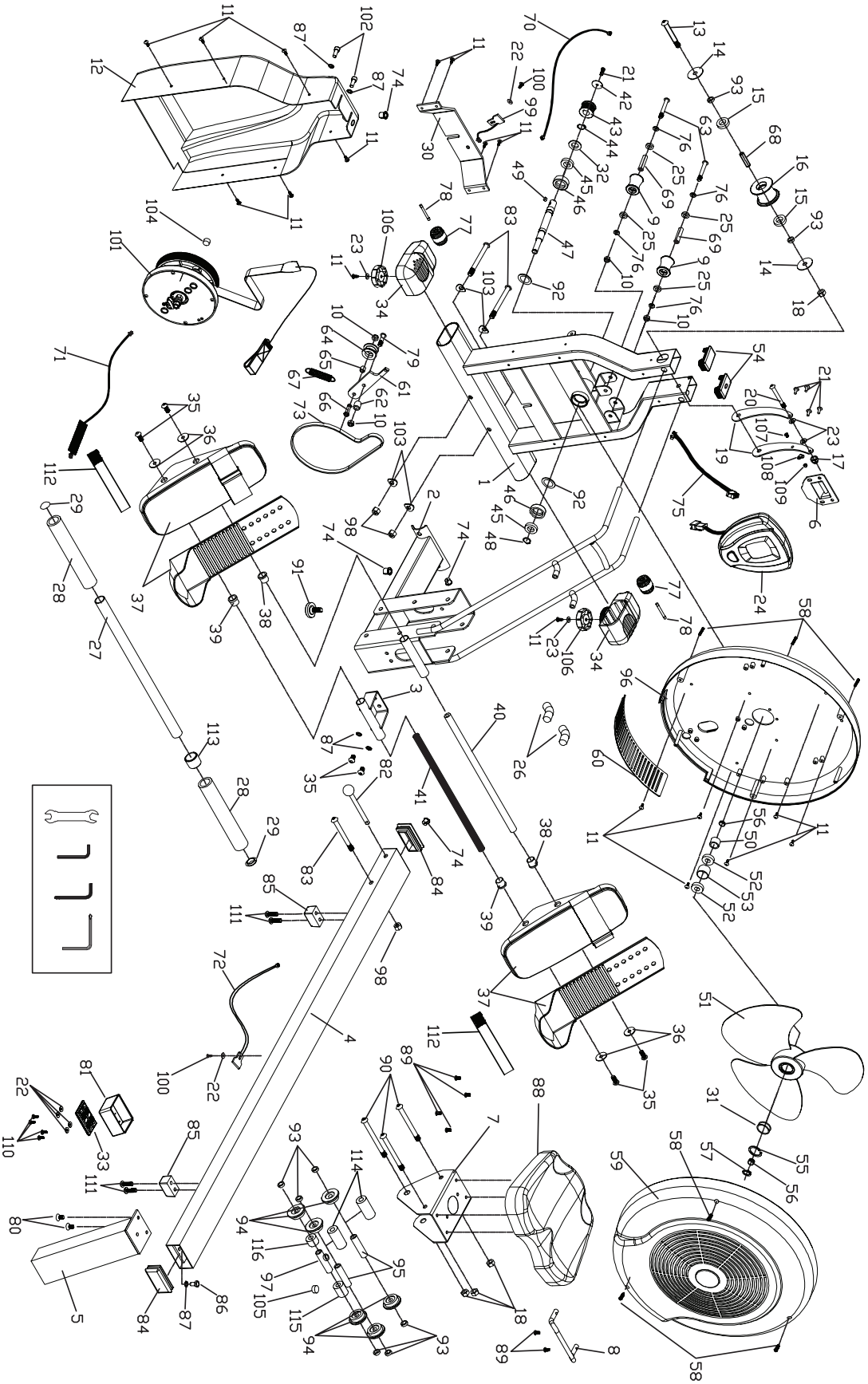
To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another.

exploded drawing



KEY	PART NO.	DESCRIPTION	QTY
1	56012-1	FRONT POST	1
2	56012-2	MAIN FRAME	1
3	56012-3	PEDAL SUPPORT	1
4	56012-4	ROWER SEAT TRACK	1
5	56012-5	REAR STABILIZER	1
6	56012-6	COMPUTER CONSOLE FIXING BRACKET	1
7	56012-7	SEAT CARRIAGE BRACKET	1
8	56012-8	SEAT HANDLEBAR	1
9	56012-9	MOVING ROLLER A (Ø33 X 40L)	2
10	56012-10	NYLON LOCKNUT (M8)	4
11	56012-11	PHILLIPS HEAD SELF TAPPING SCREW (M5 X 15L)	18
12	56012-12	FRONT COVER	1
13	56012-13	ROUND ALLEN HEAD BOLT (M10 X 75L)	1
14	56012-14	FLAT WASHER (Ø32 X Ø10 X 1.5T)	2
15	56012-15	BEARING (6000Z)	2
16	56012-16	MOVING ROLLER B (Ø58 X 42L)	1
17	56012-17	NYLON CAP NUT (M6)	1
18	56012-18	NYLON LOCKNUT (M10 X 7H)	4
19	56012-19	CONSOLE FIXING PLATE	2
20	56012-20	PHILLIPS HEAD MACHINE SCREW (M6 X 68L)	1
21	56012-21	PHILLIPS HEAD MACHINE SCREW (M5 X 12L)	5
22	56012-22	FLAT WASHER (Ø11 X Ø5 X 1.0T)	6
23	56012-23	FLAT WASHER (Ø16 X Ø6 X 1.0T)	4
24	56012-24	COMPUTER CONSOLE	1
25	56012-25	BEARING (698Z)	4
26	56012-26	HANDLEBAR HOLDER END CAP	2
27	56012-27	HANDLEBAR	1
28	56012-28	HANDLEBAR FOAM GRIPS	2
29	56012-29	ROUND INTERNAL END CAP (Ø35 X Ø22.5)	2
30	56012-30	BRACKET	1
31	56012-31	FLAT WASHER (Ø28.3 X Ø25.5 X 0.4T)	2
32	56012-32	FLAT WASHER (Ø22 X Ø17 X 0.5T)	2
33	56012-33	REAR STABILIZER TRACTION PAD	1
34	56012-34	FRONT STABILIZER END CAP	1P
35	56012-35	ROUND ALLEN HEAD BOLT (M8 X 15L)	6
36	56012-36	FLAT WASHER (Ø28 X Ø8 X 2.0T)	4
37	56012-37	FOOT PEDAL ASSEMBLY	1P
38	56012-38	PEDAL PIVOT ROD BUSHING A (Ø22 X Ø16 X 18L)	2
39	56012-39	PEDAL PIVOT ROD BUSHING B (Ø22 X Ø16 X 18L)	2
40	56012-40	PEDAL PIVOT ROD A (Ø16 X 392L) - SILVER	1
41	56012-41	PEDAL PIVOT ROD B (Ø16 X 389L) - BLACK	1
42	56012-42	FLAT WASHER (Ø25.5 X Ø6 X 1.5T)	1
43	56012-43	BELT HOLDER (Ø31 X Ø16 X 24H)	1
44	56012-44	C CLIP (Ø17)	1
45	56012-45	BEARING (6903Z)	2
46	56012-46	RUBBER BUSHING (Ø36X 10H)	2
47	56012-47	PIVOT SHAFT (Ø17 X 177L)	1
48	56012-48	C CLIP (Ø16)	1
49	56012-49	TYPE A ROUND HEAD KNOB (5 X 5 X 10)	1
50	56012-50	ONE WAY BEARING (HG1616)	1
51	56012-51	FAN	1
52	56012-52	BEARING (R8Z)	2
53	56012-53	METAL SLEEVE (Ø28 X Ø22 X 20H)	1
54	56012-54	RECTANGULAR END CAP (30 X 60)	2
55	56012-55	C CLIP (Ø28.5)	1
56	56012-56	FLAT WASHER (Ø12.9 X Ø15.5 X 0.4T)	5
57	56012-57	C CLIP (Ø12.7)	1
58	56012-58	PHILLIPS HEAD SELF TAPPING SCREW (M4 X 25L)	6
59	56012-59	FAN FRONT COVER	1
60	56012-60	FAN BOTTOM STRIP	1
61	56012-61	FIXING BRACKET	1

KEY	PART NO.	DESCRIPTION	QTY
62	56012-62	METAL SLEEVE (Ø16 X Ø10.2 X Ø15.5H)	1
63	56012-63	CARRIAGE BOLT (M8 X 57L)	2
64	56012-64	CHAIN ROLLER	1
65	56012-65	METAL SLEEVE (Ø13 X Ø8.2 X 10H)	1
66	56012-66	FLAT ALLEN HEAD BOLT (Ø8 X 30L)	1
67	56012-67	SPRING (Ø15 X Ø1.5 X 55L)	1
68	56012-68	METAL SLEEVE (Ø12 X Ø10.2 X 26H)	1
69	56012-69	METAL SLEEVE (Ø10.5 X Ø8.2 X 28H)	2
70	56012-70	SENSOR WIRE A	1
71	56012-71	SENSOR WIRE B	1
72	56012-72	SPLIT END SENSOR WIRE A	1
73	56012-73	BELT (240J4)	1
74	56012-74	SNUB BUSHING (Ø12.5)	4
75	56012-75	SENSOR WIRE C	1
76	56012-76	FLAT WASHER (Ø10.5 X Ø8.2 X 1.5T)	4
77	56012-77	FRONT PEDAL MOVING ROLLER	2
78	56012-78	PIVOT ROD	2
79	56012-79	ROUND ALLEN HEAD BOLT (M8 X 35L)	1
80	56012-80	COUNTERSUNK ALLEN HEAD BOLT (M8 X15L)	2
81	56012-81	REAR STABILIZER END CAP	1
82	56012-82	SPHERE HEAD LOCKING PIN	1
83	56012-83	ROUND ALLEN HEAD BOLT (M10 X 100L)	3
84	56012-84	RECTANGULAR END CAP (40 X 80)	2
85	56012-85	BUMPER (25 X 25 X 45)	2
86	56012-86	HEX HEAD BOLT (M8 X 15L)	1
87	56012-87	SPRING WASHER (M8)	5
88	56012-88	ROWER SEAT	1
89	56012-89	PHILLIPS HEAD MACHINE SCREW (M6 X 15L)	6
90	56012-90	ROUND ALLEN HEAD BOLT (M10 X 105)	3
91	56012-91	HAND WHEEL KNOB (M8 X 1.25P X 15L)	1
92	56012-92	FLAT WASHER (Ø35.5 X Ø24 X 0.4T)	2
93	56012-93	METAL SLEEVE (Ø16 X 10.2 X 6H)	8
94	56012-94	SEAT CARRIAGE ROLLER (Ø45 X Ø36 X 13H)	6
95	56012-95	METAL SLEEVE (Ø12 X Ø10.2 X 65H)	2
96	56012-96	FAN BACK COVER	1
97	56012-97	METAL SLEEVE POST	1
98	56012-98	NYLON LOCKNUT (M10 X 10H)	3
99	56012-99	SPLIT END SENSOR WIRE B	1
100	56012-100	ROUND HEAD SELF TAPPING SCREW (M5 X 12L)	2
101	56012-101	MOTOR ASSEMBLY	1
102	56012-102	FLAT ALLEN HEAD SHOULDER BOLT (M8 X 20L)	2
103	56012-103	CURVE WASHER (Ø10)	4
104	56012-104	MAGNET (Ø15 X 6.5H)	1
105	56012-105	MAGNET (Ø12.5 X 8H)	1
106	56012-106	TPR TRACTION PAD	2
107	56012-107	COUNTERSUNK PHILLIPS HEAD SCREW (M5 X 10L)	1
108	56012-108	WIRE CLIP	1
109	56012-109	NYLOC CAP NUT (M5)	1
110	56012-110	ROUND SELF TAPING SCREW (M4 X 15L)	4
111	56012-111	ROUND ALLEN HEAD BOLT (M8 X 25L)	4
112	56012-112	ELASTIC BELT	2
113	56012-113	HANDLEBAR SLEEVE (Ø32 X Ø26.5 X 26L)	1
114	56012-114	BRACKET SLEEVE COVER (Ø12 X 7.0T X 55L)	2
115	56012-115	BRACKET SLEEVE COVER (Ø12 X 7.0T X 30L)	1
116	56012-116	BRACKET SLEEVE COVER (Ø12 X 7.0T X 10L)	1
117	56012-117	WRENCH (13, 16)	1
118	56012-118	ALLEN KEY (M5)	1
119	56012-119	ALLEN KEY (M6)	1
120	56012-120	ALLEN KEY (M6)	1
121	56012-121	FIXINGS BLISTER PACK	1

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